

From 'NO' Where to 'KNOW' Where – Adult Services – Moving to Independence

This Utah Parent Center Handout and Workshop are designed in conjunction with the UPC's Parent Handbook for the Transition to Adult Life. The page numbers on the left hand side correspond with the From NO Where to KNOW Where: Transition to Adult Life Parent Handbook, October 2009 edition.

ADULT SERVICES – Moving to Independence

Page The basic problem that we are faced with in transition planning is that students in transition from school are leaving a somewhat organized provider system and entering a more complex and confusing world, not fully understood by most school professionals, much less by parents or consumers. The biggest challenge that we have is that it is impossible to prepare for transition to work and adult living if we do not know anything about agencies and services to which our students will be transitioning.

ADULT SERVICES – Moving to Independence

All of childhood prepares us for adult living

- Chores
- Savings accounts
- Keeping appointments
- Sports and games
- School Clubs
- There is no single solution or magic moment when we are ready for the responsibility of adulthood
- The outcome is independence

Hot Spots!

- Age 18
- Age of Majority/Transfer of Rights
- Selective Service Website: http://www.sss.gov
- Register to Vote Website: http://elections.utah.gov/

Health Care - You need to plan!

- Have pertinent information and resources
- Teach youth self-advocacy skills so they can speak for themselves
- Collaborate with the school transition team
- Prepare the youth and family to transition to an adult healthcare provider
- Decide on healthcare funding and financial assistance

Helps for Preparing

- Utah Medical Home Portal http://www.medicalhomeportal.org see Transition to Adulthood Section
- National Medical Home Portal http://www.medicalhomeinfo.org
- Healthy and Ready to Work http://www.syntiro.org/hrtw/
- Becoming Leaders for Tomorrow http://blt.cpd.usu.edu/Health_Lifestyles.html
- Utah Family Voices http://www.utahfamilyvoices.org

Utah Parent Center230 West 200 South, Suite 1101Salt Lake City, UT 84101Web: www.utahparentcenter.orgPhone: 801.272.1051Email: info@utahparentcenter.org

State Health Care Assistance

- Private insurance
- Health Insurance Exchange
- Utah Medicaid Program
- Primary Care Network (PCN)
- Children's Health Insurance Program (CHIP)
- Baby Your Baby, Children with Special Health Care Needs

Working and Health Care

- Utah's Premium Partnership for Health Insurance
- Medicaid Work Incentive (http://www.workabilityutah.org/healthcare/mwi.php)

Apply online for all other programs at: https://www.health.utah.gov/services/

Other Health Care Resources

Utah Family Voices

- Children & Youth with special health care needs including chronic physical development, behavioral or emotional conditions
- Health Care
- Medicaid & SSI help
- Teen Transition Notebook

Website: http://www.utahfamilyvoices.org

Phone: 801-272-1068 Toll Free: 800-468-1160 2-1-1

• Utah's Information and Referral Resource

Website: http://www.informationandreferral.org/

- Clinics
- Prescription assistance
- Personal care resources
- Disabilities
- And much, much more!

Division of Services for People with Disabilities

Serving individuals with significant disabilities

Long term supports

Supported Employment

Day Services

- Community Living
- Family Supports

Website: www.dspd.utah.gov Intake: 1-877-568-0084 Toll Free: 1-800-837-6811

Social Security Services

- If receive before age 18, must make new application
- Supplemental Security Income (SSI)

Benefit for people considered disabled (by Social Security standards) who have low incomes and low resources.

• Social Security Disability Insurance (SSDI)

Benefit for people considered disabled (by Social Security standards) who have worked enough to qualify for benefits.

- Social Security wants you to work
 - Many incentives allow the SS payment to continue until the person is ready to earn enough money and not need the check

To apply for services: http://www.socialsecurity.gov

Work Incentive Planning Assistance

It always pays to work!

 The program helps people on SSI/SSDI understand how working impacts their Social Security and other benefits (including Medicaid, Medicare, food stamps, housing, and many others). The individual must be a current recipient of SSI or SSDI

Website: www.usorutah.gov see Benefits Planning

Phone: 801-887-9530

For information on working and SSI Benefits go to: Going to Work: A Guide to SSA Benefits and

Employment for Youth at http://www.workabilityutah.org/youth/toolkit/toolkit.php click on social security

Employment Personal Assistance Services for Work

Have a disability

• Eligible for Medicaid

• Competitive, integrated employment

• 10 hours per week

• Require personal assistance to work

Website:

http://www.workabilityutah.org/healthcare/epas.php

Phone: 801-538-6955 Toll free: 1-877-246-9675 Whatever it supports needed be employed

Bathing

• Dressing

Cooking

Laundry

ShoppingMobility

• Reminders

Transportation

Money Management

Rx Management

Transportation

• Utah Transit Authority http://www.rideuta.com

• The Basin Transit Authority http://www.co.uintah.ut.us/

• Cache Valley Transit District http://www.cvtdbus.org

• Cedar City Transportation Department http://www.utah.com/cedarcity/transportation.htm

• Park City Transit http://www.parkcity.org/index.aspx?page=894

Sun Tran Transit <u>www.sgcity.org/suntran/</u>

Website: http://travelwise.utah.gov/index.php

Guardianship Associates of Utah

Private Pay Guardianship/Conservator Services

Trust Administration

Public Guardianship

Senior Services

• Pro Se Trainings

Ward Legal Representation

• Full Attorney Representation

Guardianship & Advocacy Training

Guardianship Assessment

Website: http://guardianshiputah.org

Phone: (801) 533-0203

Youth Leadership and Training

• People First of Utah

http://utahgap.org/peoplefirst/

Utah Centers for Independent Living

http://www.usor.utah.gov/independent-living

Becoming Leaders for Tomorrow (BLT) project (website only)

http://blt.cpd.usu.edu/Leadership Toolkit.html

- Utah Independent Living Centers
- Several centers across the state and satellite offices in other areas
- Programs for Adults and Youth
 - Outreach / Inclusion
 - Recreation
 - IL skills including self-advocacy skills
 - Peer Supports

http://www.usor.utah.gov/independent-living

Mental Health Services

Community Mental Health Centers (CMHC)

• Inpatient Care and Services

• Residential Care and Services

- Outpatient Care and Services
- Twenty-four Hour Crisis Care and Services
- Medication Management
- Psychosocial Rehabilitation, Including Vocational Training and Skills
- Case management

Div. of Substance Abuse and Mental Health

http://www.dsamh.utah.gov/mentalhealthtreatment.htm

Family Resource Facilitators:

http://www.namiut.org/images/stories/FRF State Map.pdf

Allies with Families http://allieswithfamilies.org
NAMI Utah (National Alliance for the Mentally III of Utah)

http://namiut.org/

UTAH STATE OFFICE OF REHABILITATION

To assist eligible individuals with disabilities to achieve and maintain meaningful employment.

- Vocational Rehabilitation
- Choose to Work
- Services for the Blind and Visually Impaired
- Services for the Deaf and Hard of Hearing
- Centers for Independent Living
- Utah Center for Assistive Technology
- Utah Work Incentives Planning Assistance

Phone: 801-538-7530 Toll Free: 800-473-7530

Website: http://www.usor.utah.gov/

VOCATIONAL REHABILITATION & OTHER SERVICES

- Student can apply at age 16
- Once the student turns 18 they are considered the adult. Youth must give consent for a parent to be present or receive any information about the youth's services.
- An Individualized Plan for Employment (IPE) is developed.
- Students must disclose that they have a disability.
- Clients use "informed choice" to make decisions. Informed Choice is making one's own decisions after being provided necessary information and options.

VR Orientation Video - http://www.youtube.com/user/USORVideos

VR Brochure: http://www.usor.utah.gov/division-of-rehabilitation-services/Trifold Brochure.pdf

VOCATIONAL REHABILITATION SERVICES AVAILABLE

- Transition planning
- Counseling and guidance
- Eligibility determination
- Assessment and evaluation
- Medical services and treatment
- Assistive Technology
- Training and education
- Job placement
- Follow up services
- Other services

Other Employment Services - Prepare, Search and Placement

Utah Department of Workforce

Services helps place individuals in a job it includes:

- Finding a job
- Register for Work
- Information about careers
- Utah Employer Websites
- Workshops on job skills
- Job Fairs
- Training Services
- Food stamps

Website: http://jobs.utah.gov

Choose to Work (CTW): a partnership between the Utah State Office of Rehabilitation (USOR) and the Department of Workforce Services (DWS). It is designed to meet employer staffing needs by connecting them to employment ready Utahans with disabilities.

• Services offered through CTW:

Job Development/Placement Work Opportunity

Tax Credit

Employer Assistance

Job Accommodation Network

On the Job Training

Americans with Disabilities Act

Bonding

Job Fairs/Workshops

Website: http://www.usor.utah.gov/choose-to-workhoose to Work/

Centers for Disability Services - College Campuses

The Center for Disability Services provides accommodations and support for the educational development of students with disabilities.

- Direct assistance to students to encourage and enhance their independence,
- Provide academic, personal, and career counseling to assist students,
- Provide supportive services to students with disabilities, including academic assistance, accommodations, adaptive equipment, counseling, readers, transcribers, interpreters, and advocacy to ensure equal access; and
- Review architectural and program accessibility.

Centers for Services for students with disabilities

- Brigham Young University University Accessibility Center https://uac.byu.edu/
- Dixie State College of Utah Disability Resource Center http://www.dixie.edu/drcenter/
- Snow College Disability Resource Center http://www.snow.edu/ada/
- Salt Lake Community College Disability Resource Center http://www.slcc.edu/drc/index.aspx
- Southern Utah University Disability Support Center http://www.suu.edu/ss/support/disability/
- Weber State University Services for Students with Disabilities http://www.weber.edu/ssd/
- Westminster College Disability Services
 http://www.westminstercollege.edu/disabilityservices/
- University of Utah Center for Disability Services http://disability.utah.edu
- Utah State University Disability Resource Center http://www.usu.edu/drc/
- Utah Valley University Accessibility Services http://www.uvu.edu/asd/

Utah Colleges for Applied Technology

- Ask for Student Services, ADA Specialist
- Provides accommodations
- Student's need to be self-motivated and have the ability to do course work on their own
- UCAT's offer Associate of Applied Technology degrees

Website: http://www.ucat.edu

Individual Development Accounts - Saving \$\$\$

- Everyone needs to save
- Help for low to moderate income individuals
- Match your \$1 with \$3 to save even more
- IDAs for people with low income
 - Save for home, education or small business
 - Total up \$6K in three years

Website: http://www.uidan.org/
Phone: 1-877-787-0727

GUARDIANSHIP & TRUSTS

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GUARDIANSHIP

- Does not happen automatically
- Requires a court process
- Names specific powers and duties

For more in depth information on guardianship options, visit Guardianship Associates of Utah on the web at www.guardianshiputah.org

TWO PARTIES IN GUARDIANSHIP

- The WARD is the incapacitated person who needs to be protected and assisted
- The GUARDIAN is the surrogate decision-maker who will be giving informed consent, advocating and protecting the ward.

Types of Guardianship

- Plenary of Full Guardianship
 - o Transfers all rights from a ward to a full guardian
- Limited Guardianship
 - Limits guardianship decision making to specific areas of wards life

LIMITED GUARDIANSHIP

- Medical Procedures, medications, hospitalizations, treatment plans, dental and end-of-life decisions
- Habilitation Training programs, therapy, day program, job development, and independence
- Education School and adult education
- Residential Where and with whom a ward lives
- Financial Decisions about finances including Social Security benefits, checking accounts, leases or financial agreements

STARTING THE PROCESS

- You cannot obtain guardianship until the ward is 18 years old
- The process should be started 2-3 months prior to the ward's 18th birthday
- You will need a doctor's letter to identify the ward's disability or diagnosis (required) and,
- Psychological Evaluation/Summary (highly recommended by the court)

LEGAL REPRESENTATION

- Ward
 - A ward must be represented by an attorney
- Petitioner (person seeking guardianship)
 - O Hire an attorney to represent them, or
 - O They can act for themselves (pro se)

{ IF YOUR CHILD HAS SPECIAL NEEDS, SO DO YOU! }

If you are in need of individual assistance, information and referral or additional workshops or training, please contact the Utah Parent Center:

Phone: 801.272.1051 or Toll-Free in Utah at 1.800.468.11601

Email: info@utahparentcenter.org Website: <u>www.utahparentcenter.org</u>